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THE
Nature, Cause and Symptoms
OF THE
GOUT:

As Stated by

Dr. SYDENHAM,
CHETNE, &c.

From which is Rationally deduced its
Direct and Perfect CURE.

To which is Added,
An ACCOUNT of the *Action*
of certain REMEDIES that
can effect the same. K

By GILBERT NELSON.

The Second Edition.

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L O N D O N:

Printed for T. WARNER at the Black Boy in
Pater-noster-Row. 1728.

(Price 1 s. 6 d.)

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CHETWEE & CO.

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Fleet-Street. 1778.
(Price 1s. 6d.)

TO HIS

MOST SACRED MAJESTY

King **GEORGE II.**

SIR,

AS the Power and Dignity of a PRINCE are in the nearest Resemblance and Extent to the DIVINE. So the Virtues He possesses exceed those of lesser Characters in Proportion to the Universality of

A 2

their

DEDICATION.

their *Influence* and *Respect*:
For the Relation between a
good PRINCE and his *Peo-*
ple is so general, that no Sub-
ject can be said to want a FA-
THER or GUARDIAN,
but each has the Honour to
share the ROYAL *Regard*.
'Tis upon the Assurance of
this *common Benevolence* and
Care which Your MAJESTY
has for Your *People*, that I
presume to Inscribe to Your
MAJESTY's most *August*
NAME, not so much the
following ESSAY (which I
know to be very undeserving
of that HONOUR) as the
PUBLICK INTENTION and USE
of

DEDICATION.

of it. The chief End I propose to my self from its Success, which my own Experience warrants to me, is to have done a *Pleasure* to my KING, and a *Service* to my *Fellow-Subjects*.

I Am,

With an Entire Duty and Affection,

YOUR MAJESTY'S

Most Faithful, and Obedient

Subject and Servant,

GILBERT NELSON.



PREFACE.



I was not my Intention to have gone through all the Forms of Introduction to so small a Piece, of which likewise I claim so small a Part; but that I owe an Acknowledgment to the Memory of the late Mr. ALEXANDER GEEKIE, whose Abilities were well known; That Gentleman having done me the Honour of approving, and indeed correcting my Sheets, was desirous to know, and thought it not amiss for me to lay down, the Method I pursued in my Inquiries after the Nature and Cure of the Gout; which, though I have not the Opportunity of subjecting to his View, as I intended, I shall, however, in Pursu-

PREFACE

iii

Pursuance of his Direction, give in brief
to the Publick.

HAVING considered the Properties of the Gout from the Histories we have of it, I was led to the Knowledge of the general Causes both remote and immediate; and finding in the last Stadium of it a Creraceous Substance cast upon the Ligaments of the Joints, which, by every Circumstance, denotes it self to be the same Matter extravasated, which, while circulating intra Vasa, and endeavouring to pass through narrow and stiff Vessels, produces the genuine Phænomena of the Gout: I therefore procured some of it, and subjected it to various Experiments, in order to discover the true Nature and Properties of the Matter composing it: Of which very different Conjectures have been made: The Result of my Experiments informed me, that the general Opinion has been confined too strictly to a single Quality; and that those who proceed, and apply upon such Supposition, will
ever

PREFACE

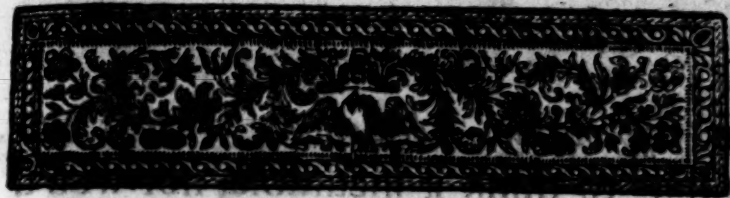
ever be disappointed in their Aim at a Cure:

My next Step was to calculate a Medicine suitable to the Purposes of Cure, from its direct Opposition to the Properties I had discovered to be in the Matter. And after Proof of many, I had the Success to find that there is a true Specifick for the Gout, which acts by the Means I have hereafter described. As to the Certainty whereof, I have the strongest Evidence imaginable, even Experience and Demonstration.

George Street,
St. Martins-le-Grand,
February 16, 1728.



THE



T H E
Nature, Cause and Symptoms
O F T H E
G O U T, &c.



THE Mind of Man is of a *Introduction.*
most active and inquisitive
Nature, impatient of doubt,
but capable of any Labour
and Fatigue in the Pursuit of its End.
To this restless Spirit of Enquiry we
owe all the Arts and Sciences which
contribute to preserve, adorn or accom-
modate Life. 'Twas this same Principle
that bid me dare, even in the Dawn
of Life and of Knowledge, to attack a
Disease which has baffled the curious
and painful Searches of so many, and
has so long triumph'd in the Name of
B an

an *Opprobrium Medicinæ*. I was unwilling to think it incurable, nor wou'd I have any Disease thought so, least the Age should grow supine and indolent, and because we have the Pleasure to see many, which were formerly so called, subject to the Power of Medicine. Now that the *Gout* may likewise be made a Tributary to us, I shall endeavour to prove both from Reasonings and Facts, stating by the way and (I think) answering all the material Objections to its Cure, which occur to me.

The Reader may observe in the Course of these Papers, that I have kept close to Nature in explaining every Appearance that offers: How well I have succeeded, I submit to the publick Judgment: Advertising only, that the reciprocal Dependances of each Part of the following Treatise, and the Conciseness of the whole, require some Attention; which given, it
will

will appear that the *Curative Part* is established upon a very certain *Foundation*.

I am well aware of what Dr. WOODWARD has observed, "That
 " when in Physick, or any other Science, with great Study, and perhaps
 " the utmost Difficulty, an important
 " Truth is brought to Light, it meets
 " ordinarily with but faint Reception ; " and therefore I have no
 great Reason to expect that the World will be more than usually kind to this;
 But be it as it may; the Power of Censure, (since it is so common) shall
 not prevail over the Conviction of my own Mind, nor a publick *Good* yield
 to a private *Fear*.

The Discovery of the *Circulation* of the *Blood*, the most useful that ever was, brought at first the great and ever-memorable Name of HARVEY into Suspicion, and there were enough

ready to turn that into Ridicule and Infamy, which has been the Foundation of an immortal Glory. Dr. CHEYNE, in his Essay concerning the Improvements of the *Theory of Medicine*, says,

“ All that was done towards its Advancement was only pickering, or rather storming its Outworks; the Fort was safe and entire ’till the Noble HARVEY gave it a fatal Shock in the Discovery of the Circulation of the Blood; a Discovery so wonderful, useful, and happy, that all Ages will admire and bless its Author; a Discovery so conform to the Rules of Mechanism and the Laws of Motion, and so fitted to that Geometry the wise Director of Nature uses in all his wonderful Works; in a Word, a Discovery which has let in more Light into the Theory of Medicine, than almost all the former join’d together.” And yet (which is surprizing) a *Discovery* which cost much Pains and Time before

fore the *World* could be persuaded to relish it.

I have chosen to gather the *History*, &c. of this *Disease* from those who have professedly treated of it, and among them, from those of the greatest Credit, rather than play the Author too much my self, by laying down any new *Postulata*, which might be liable to Exception; so that the following *Treatise* is to be consider'd only as a *Deduction* from the most certain and best approved Elements of Physick, and a *Demonstration* of Cure, which does, and naturally must, follow from the Nature, Principles, and Accidents of the Gout.

The Persons afflicted with the Gout, are generally such as have lived to the Declension of their Years, (not but that some of Twenty Five have had it to a high Degree) in great *Tenderness* and *Delicacy*, who have far'd sumptuously, and drank
The Persons who are liable to the Gout.
plenti-

plentifully of Spirituous and Vinous Liquors: Or such as have indulged themselves in Inactivity, abating of those due Exercises which were requisite to maintain a proper Warmth in the Blood, and a sufficient Force and Firmness in the Fibres, whereby the Constitution is clogg'd with Particles that ought to have been secreted, and thrown out by some of the natural E-munctories: Furthermore, Arthriticks are of a strong Constitution, and out of the Fit, have great Appetites, and are most generally Costive, whereby both more is taken in than can be well digested, and of that which is not well digested, a greater Quantity is carried into the Blood, and most remote Stages of Circulation. And most commonly they are of a moist, lax, and gross Habit of Body. SYDENHAM.



R E M A R K.

The Dr. is here speaking of an *Acquir'd Gout*; the *Immediate Cause* of which (according to Dr. CHEYNE) is the Abundance of Tartarous, Urinous, or other Salts, introduced into the Blood by the Food.

The Immediate Cause of an acquir'd Gout, an Abundance of Salts receiv'd into the Habit, and not sufficiently broken by the Digestive Powers.

These Salts (continues he) receiv'd in abundance, but neither sufficiently broken by the *Digestive Powers*, nor driven out of the Habit by due Exercise, but by their Plenty and Nearness, uniting in greater Clusters, must necessarily form Obstructions, and give Pain, when by the Force of the Circulation, they are thrust thro' narrower and stiffer small Vessels.

Since the *gouty Particles* are afforded and introduced into the Blood by our Food, it can be thought no Digression in this Place, to point out in general

Nutriti-
on how
perform-
ed.

general, how **NUTRITION** is perform'd. The Food received into the Stomach, is there reduced into a milky Substance, (called **CHYLE**) the finer Part of which being separated by the *Lacteals*, * and sent by a large Duct into the Axillary Vein, returning into the left Ventricle of the Heart, is thence derived into the Lungs: They send it into the Right Ventricle, and from thence it is squeez'd thro' the Arteries over the whole System of the Solids. The shorter and smaller Branches thereof serving to recruit and repair the Coats of the Vessels and Organs nearer the Heart, while the longer terminate in *Glands* †: Some of which emit a shorter Duct, either for the *Nutrition* of the Parts,

* *The Lacteals are Vessels whose Mouths are in the Guts, appointed for the Admission and Conveyance of whatever passes out of the Stomach into the Blood.*

† *A Gland is nothing but a great many Complications and Circumvolutions of the Artery which after these Windings degenerate into a Vein.*

or for separating the Recrements that are to be thrown out of the Habit, (by way of the *Urine, Perspiration, Sweat, &c.*) viz: ALL such Matter as may have pass'd thro' the *Lacteals* with the rest into the *Blood-Vessels*, and is wrong or improper, or else such as is redundant, superfluous, and more than is needed there. While other *Branches* terminate in yet much longer and smaller Ducts, and run along with the *Fibres* (*Fleshy, Nervous, Membranous or Bony*) that make up the *Solids* of the Body; and there leave proper *Nourishment* to recruit the Expences or Decays of Life (which is chiefly done in Time of Sleep. *Vide Pag. infr.*) and to repair the natural, or accidental Injuries they may suffer.

But in order to give an adequate Idea of all this, it will not be amiss to take a more particular Survey of the whole Course of *Circulation*, and remark the several *Outlets* Nature has

C

provided

provided for *Particles* not suited to any Purposes in the *Animal Oeconomy*.

*The three
Scenes of
Digestion
which the
Aliment
passes, and
the Out-
lets Na-
ture has
provided
for such
Particles
of it
which are
useless to
the Ani-
mal Oe-
conomy.*

First then, The Offices of the *Sto-
mach* and *Intestines (Guts)* are to com-
minure and digest the Materials for
Nourishment, into a Smallness suffici-
ent to admit them thro' the *Lacteals*
into the *Blood*, and what cannot be
thus prepar'd, is detached quite out of
the Body by *Stool*. The more vigo-
rous therefore the digestive Faculty is,
in the *Stomach* and *Guts*, the greater
Quantity of *Chyle* is sent forward into
the *Blood*, and the weaker it is, the
more is supplied to the Matter of *Ex-
crement*; and of Consequence the
Strongest and most Robust Consti-
tutions discharge least by this Evacu-
ation, and the tenderest and weakest,
the most.

Secondly, The next Scene is the
Mixture of the *Chyle* with the *Blood* in
the *Heart* and *Arteries*, and what can-
not

not by them be broken small enough for further *Secretions*, is strain'd off by the *Kidnies*, and ejected by the *Urine*. And here again holds good the same general Rule, that the stronger this Faculty is in the *Heart* and *Arteries*, the more is sent forward into the minuter Passages, and the weaker it is, the greater Quantities are let fall thro' the *Urinary Outlets*. And as was before said of the *Intestines*, this Faculty is most vigorous in strong Constitutions, and most languid in weak ones; of consequence therefore strong People make less *Urine* than weak ones, and send forward a greater Quantity of Juices into more remote *Scenes of Preparation*. But herein, it is to be observ'd, that the Faults of the first Excretion from *Costiveness* are very naturally amended by this, because the too gross Particles, which by that means are drove into the Blood, find their *Outlet* at the *Kidnies*: For, as has been observ'd by the *Learned Dr.*

WOODWARD " There are cer-
 " tainly requisite for the Formation
 " and Nourishment of the various
 " Organs and Parts of each, *Corpuscles*,
 " not only of various Kinds, but dif-
 " ferent Sizes, 'tis needful that the
 " *Lacteal Vessels* be capacious enough
 " to give passage to the largest: And
 " these Vessels not admitting Matter
 " electively, but all indifferently that
 " exceeds not the Diameter of these
 " Vessels, some must needs enter that
 " is improper: And that would be
 " injurious to the Body, were not this
 " Provision made for the casting it
 " forth again.

Thirdly, The Third and last Stage
 of Circulation, is in the Fibres of
 which the *Solids* of the whole Body
 are form'd. For all that come into
 the Blood, is either washed off by
 Urine, or taken up by some of the
Bowels and *Glands*, as the *Gall* in the
Liver, *Pancreatick Juice* by the *Pancreas*,
Semen

Semen by the *Testicles*; and *Lymph* by its proper *Strainers*; all which are destin'd for further *Uses* in the *Oeconomy*; or else is diffus'd into the most minute *Meanders*, and fills the *Solids* with their due *Moistures* and *Nourishments*. In this last *Circuit* the *Tonick*, *Elastick Force* of the *Fibres*, is the main *Agent*; and the whole *Mass* of *Humours*, beyond the *Arteries* and *Blood*, is kept in a sufficient *Motion* by the repeated *Action* of the *Fibres*, either from their natural *Springs*, or the *Influence* of *Exercise*, to digest it further into most minute *Particles*, 'till it is past all *Purposes* of the *Oeconomy*, and makes its escape thro' the *Skin* by *Insensible Transpiration*; for no other *Excretion* has the *Recrements* of this last *Digestion*. And here again is every thing carried on in *Proportion* to this *Elastick Force* of the *Fibres*, and the *Motions* which they are assisted with by *Animal Action*; and the *Quantities* which transpire thro' the *Skin* in *insensible Steam* are increas'd

creas'd and diminish'd as this Force is retarded or exerted. What therefore cannot get thro' this Way, and is not added to the true Substance of the Parts as *Nourishment*, must be either reabsorbed, or taken back by the reflux Blood, and thrown off by the open *Outlets*, or it will clog the Habit, according to the Properties of the Matter so detained, with *Viscid* or *Rigid* Particles, such as compose the Matter of the *Gout*: Through these Three different Stages of *Action* and *Preparation*, all that is taken into the Body passes, before it is again discharged out of it, unless it be what runs off by the first and second *Excretories*.

This premised, I go on to consider the *History* of this *Disease* from the *Accurate* Dr. SYDENHAM, who himself laboured under it, upward of Thirty Years.

HISTO

HISTORY.

I. When the Gout proceeds regularly, ^{The Time and Manner of the regular Gout's coming on.} it attacks the Patient about the end of January, or the beginning of February, and returns again about Autumn, when it comes on suddenly, without giving much other Notice, than by Cramps, and a Numbness of the Thighs, a few Days before the Fit.

REMARK.

The Gout more commonly happens in the Winter, than in the warmer Seasons, because by the cold damp Weather, there are more hindrances to the Perspiration of this Matter, than at other Times.

HISTORY.

II. The Fit begins commonly two or three Hours after the Patient has been in Bed, when he is waked with the Pain, which he feels at the Ball of the great Toe, ^{A Fit of the Gout usually comes on in Time of Sleep, the gnaw.}

ing Pains gradually increasing till about Mid-night. Toe, the Heel, the Calf of the Leg, or the Ankle; presently shivering and shaking follow, with a Feverish Disposition; the Pain is at first moderate, but increases by Degrees (as the shivering goes off) till about Mid-Night it comes to the Height, at which Time it so rages among the Bones of the Foot, and the Ligaments, that the Patient seems to be gnawn with Dogs, perceiving at the same Time a Weight on those Parts.

R E M A R K.

Why the Gout begins after having been some Time asleep is, because the Peccant Matter is joyned with those Juices whose Progressive Motion is most forwarded at that Time: For in the Words of Dr. WOODWARD;
 “ In Sleep, the Pylorus (the lower
 “ Orifice of the Stomach) being near
 “ closed, the Communication betwixt
 “ the Stomach and Blood by that
 “ means in great measure intercepted,
 and

“ and the Descent of both the Aliment
 “ and the Biliose Juice, the Principle
 “ and Instrument of Animal Action,
 “ and of Sensation, being impeded for
 “ the Time, much of the Action in the
 “ Frame is, of Course, remitted and
 “ suspended. Sensation is so likewise :
 “ And the Organs come to a greater
 “ Quiet, Ease, and Rest. The Action
 “ of the Heart is slackened : And the
 “ Blood consequently moves slower.
 “ By this means the Organs and
 “ Parts have better Opportunity of
 “ seizing and detaching out of the
 “ common Stock, such Corpuscles as
 “ serve peculiarly for the Sustentation
 “ and Nourishment of each ; this great
 “ and important Work being car-
 “ ried on chiefly in Sleep”. Hence the
 Fluid which conduces to the Repa-
 ration of the Parts, is separated chiefly
 in Sleep. (The Body whilst waking
 being in a continual State of Expence
 or wearing out ; and the Time of
 Sleep is that in which it is repair'd and
 D recruited,

recruited. For Action does necessarily by degrees impair the Springs and Organs.) Therefore at that Time, the gross Particles have leisure to attract each other more strongly, and to accumulate in Quantities upon the Parts most likely to lodge them.

The Restriction or Weight upon the Parts comes from the Rarefaction and Extension of the included Humors, and the Resistance of the including Parts, all which Symptoms continues till at length the Part stretches enough to hold the accumulated Matter without Uneasiness, when the Fit ceases, tho' the Tumor continues, at first red and angry, but as the Irritation abates within, grows paler, and receives any Impression made upon it.

HISTORY.

The Pain
goes off
in a
breathing
Sweat, but
returns in

III. ALL Endeavours to ease the Pain, are fruitless till a Night and Day are spent from the first Approach of the Fit, and then

then about two or three of the Clock in the Morning the Sick has sudden Ease, composes himself to Rest, falls into a breathing Sweat, and for that Time the Fit ceases.

*ucceed-
ing
Nights,
seizing
a some-
time one
Part,
some-
times a-
nother.*

If the Gouty Matter is copious, and does not wholly Settle, or Perspire, or if the Part does not give way enough by Swelling, the same Scene is acted over again the following Night, and perhaps two or three Days after, but will be over about the time of Cock-crowing; it seldom has above two or three Efforts at the same Place. In a few Days the other Foot will be in Pain, as the former was, and sometimes on the first Days of the Disease when the Peccant Matter is so exuberant, that one Foot is not able to contain it, it afflicts both together; after it has vexed the Feet, the Fits are irregular, both as to the Time of their coming on, and Duration; yet the Pain always returns in the Evening, and is not so great in the Morning.

R E M A R K.

THIS must necessarily happen, until either the Part be sufficiently distended, or the Matter so far digested that what cannot *transpire* thro' the Skin, is taken back by the reflux *Blood*, and either washed off by *Urine*, or deposited in Conjunction with more of the *same Kind* upon some other Part; where the same *Symptoms* will be repeated, and so on till the *Gouty Matter* is expelled the Body.

H I S T O R Y.

The Accesses and Remissions of the Fits are longer or shorter, as Circumstances differ.

IV. Of a Series of these Small Fits consists that which we call a Fit of the Gout, longer or shorter, according to the Age of the Patient, which in those that are Vigorous, or that have been but seldom visited with the Gout, comes to pass often in fourteen Days, and in those that have been afflicted with it, in

two Months; *but in those who are more weakened, either by the long Continuance of the Disease, or by Age, it does not go off till Summer being advanced, drives it away.*

R E M A R K.

THE Reason why the *Fits* enrage and remit once in *twenty four Hours*. The *Access* being at *Sun-set*, and the *Remission* about *Day-break*: Why the whole *Fit* lasts about *fourteen Days*: And lastly, why the *particular Accesses* and *Remissions* are in *equal Times*; is had from considering, that in the *first Stages* of the *Gout*, the *Fluids* being less *Sizy*, the *Salts* and *Sizyeness* are broken and dissolved by the *Action* of the *Solids* in the *Circulation*; and are thereby *sooner* brought into a Condition to be carried off by *Perspiration*; which makes an *Access* and *Remission*. The greater *Weight* and *Grossness* of the *Air* at *Sun-set*, beyond what it is at *Day-*

Day-break, together with the particular Degree of Sickness, seems to determine the Times. The greater Degree of Sickness in the Fluids of People advanced in Years, and broken with the Gout, lengthens out the Duration of these Accesses and Remissions. And the precise Period of fourteen Days seems to arise from the Special Nature of the Sickness of the Fluids, and its resemblance to that of a regular Intermittent Fever.

HISTORY.

The Urine is high-coloured at the beginning of a Fit.

V. The first fourteen Days the Urine is of a high Colour, which puts off a red Sediment, and as it were full of small Sand, and the Patient is most commonly Costive, want of Appetite, Shaking of the whole Body towards Evening accompanies the whole Fit; an intolerable Itching of the Foot affected, follows the Fit that is going off, the Feet scale.

REMARK.

REMARK.

AT the beginning the *Urine* is high-coloured, by its being over-charged with this *Tartarose Matter* * which in its grossest Combinations exactly resembles the gritty Stuff the *Urine* often deposits: And therefore it discovers such a Settling after some Time by reason of the Quantities which the *Blood* brings back from the afflicted Parts, in *Corpuscles*, large and heavy enough to sink to the Bottom. The *Transpiration* of the thinner Part of this Matter thro' the Skin, in the *Breathings* at the close of every little Fit, †† leaves the remainder more gross, and at length capable of *Expulsion* by no other Outlet than the *Kidnies*.

* Conf.
pag. 7.

†† Pag. 19.

Dr. CHEYNE observes; That the Chalk-stones voided from the Joynts of Gouty Persons, and the Gravel-stones found in the Bladder of *Urine*, of such as were afflicted with this Distemper, are

A Comparison between the Cretaceous Gouty Matter, and the

*Gravel-
Stones
found in
the Uri-
nary
Bladder.*

are, as to all their Essential Qualities, the same. They have both the same Colour, Taste and Smell ; they yeild both the same Principles, and produce the same Appearance, when treated Chymically ; they have both the same Internal Texture of Parts, as far as can be known, and even the same outward Shape, when unbroken and unconfin'd by hard Substances ; and they generally happen to one and the same Person : At least it seldom comes to pass, that any one is much troubled with the *Gout*, but he has the Stone at last : (The Reason of which shall be given hereafter) and this shews that they are both owing to the same general Causes.

The *Feet Scale*, after the Declension, from the Parts having been swelled, because upon the Scarf-Skin's being stretched by the Conflicts of the Heterogeneous Salts, it has been in some measure loosened from the True-Skin so that a new Scarf-Skin must be formed.

HI.

HISTORY.

VI. IN the Manner related does the re- ^{Of an Irregular} Gout shew it self with its genuine Gout, Phænomena; but when it is disturbed by unfit Methods of Cure, or by the obstinate Continuance of the Disease, the Hands, Wrists, Arms, Knees and other Parts are possessed, sometimes distorting one or more of the Fingers, taking away the Motion by little and little, and at length it produces Stony Concretions about the Ligaments like Chalk.

WHICH Chalky Concretions are caused by the crowding in of so great Quantity of the Gouty Matter into the small, tender Vessels in the Extremities, by which they are prodigiously distended, from whence the Pain, Inflammation, &c. attending a Fit: But when these Vessels can suffer no further Extension, and the accumulated Gouty Particles cannot pass thro' them, nor are in Ca-

E

capacity

capacity to transpire, they burst and deposite their Contents upon the Ligaments of the Joints.

Sometimes the Matter causing the Disease, thrust upon the Arm, causes a white Swelling; which is by degrees inflamed with Redness, sometimes falling upon the Thighs, it feels as if there was a great Weight hanging upon them, yet without any considerable Pain, but passing to the Knee, it handles that more severely, so obstructing all Motions, that it is as it were nailed to the Bed: And whereas the Gout did not use to invade before the latter end of Winter, and was wont to go off after two or three Months, now it remains a whole Year, excepting only the very hot Months of Summer. The general Fits, and the particular Ones of which they are composed, rage longer, especially if it possesses the Feet and Knees. And, at the coming on of the Fit, the Patient complains of Sickness as well as Pain, with an entire loss of Appetite.

Lastly,

Lastly, Before the Disease was grown to such an Height, the Patient did not only enjoy larger Intervals of the Fits, but also during that Intermission, he was well in his Limbs, and in the other Parts of the Body; but now his Limbs are contracted and cumbred. And now the Symptoms being augmented, the Urine that was high-coloured, is like that, both as to Colour and Quantity, (tho' not in Smell) which is voided in a Diabetes.

When the Symptoms are at the Height the Urine is Limpid.

R E M A R K.

THE Reason why the Urine is perfectly Limpid, (as in the Diabetes) when the Symptoms are at the Height, is, because the Salts, which should be secreted with the Urine, by their proper Strainers, tinging it with its Natural Colour, are left behind, and accumulated upon the Habit: But at the latter end of a Fit, the Urine becomes high-coloured from the Gouty Matter that is washed off the Tumify'd Part, by the

refluent Blood, and brought back to the *Kidnies* in its natural Circuit, and passes with the *Urine* into the *Bladder*.

HISTORY.

*The
Symptoms
which at-
tend the
last Sta-
dium of
this Dis-
ease.*

VII. After many and dreadful Torments the following Fits, as to Pain, are gentler, (Nature being partly oppressed by the Burden of the Gouty Matter, and partly by Old Age, that it is no more able to expel it to the Extremities) and instead of the wonted Pain, a certain Sickness, with a Pain of the Belly, spontaneous Weariness, and sometimes a Propension to a Looseness, supervene. These Symptoms ease the Pain in the Limbs when they are violent, and vanish when the Pains in the Joints return, and sometimes the Pain, and sometimes the Sickness afflicting alternately, prolong the Fit much: At length the Bowels of the Sick being so hurt by hatching and embracing the Peccant Matter, that the Organs of Secrecion can no longer perform their Duty, upon
which

which Account, the Blood stuffed with Dregs stagnates, and the Peccant Matter is not as heretofore cast upon the Extream Parts of the Body: the most miserable Wretch is so happy as to Die: Tho' most frequently the Tragedy is compleated, by this Disease breeding the Stone in the Kidnies.

R E M A R K.

THE Reason why the *Arthritick* and *Nephritick* Symptoms so frequently inter-change, is, because the Matter of them both are so near a Kin * the same which concretes into *Gravel* and *Stone* in the *Urinary Passages*, by a greater Force of Digestion in stronger Constitutions, is carried into more remote Parts of the Body, where accumulating, forms the *Gout*; and being again washed from the Joints by the reflux Blood, and brought to the *Kidnies*, there forms the *Gravel* or *Stone*; so that an *Invigorated Concoction* changes the *Gravel* into

*Why the Gouty and Gravelly Symptoms so frequently inter-change. * conf. p. 24.*

into the Gout, and a Fit of the Gout makes fresh Matter for Gravel.

HISTORY.

*Young
People not
subject to
a genuine
Gout.*

VIII. Women are seldom afflicted with the Gout, and those that are, not 'till they are Old, or of a Masculine Habit of Body, Except Thin Women, who have been long troubled with Histerick Diseases or Rheumatisms, such may be attacked with Symptoms like the Gout in their Youth. Boys also, and Youths are scarcely ever troubled with the true and genuine Gout, and if at any time they have any touches of it, it is usually of the Hereditary Kind.

REMARK.

*Of Here-
ditary
Gouts.*

Dr. CHEYNE grounds his Reasonings on the Gout, upon two Propositions, the first of which regards Hereditary Gouts, viz.

PROPO-

PROPOSITION. *The Reason why two Persons in all Circumstances alike, (as born of the same Parents, healthy, of the same Stature, Complexion, Diet, Air, Exercise: &c.) One should be afflicted with the Gout, the other be absolutely free from it, is, That the Capillary (smallest) Vessels of the Gouty Person must be in their Original and Natural Conformation narrower and more stiff than in those of the other, who is free from the Gout, in respect of their common Stature and Size. For thereby the Crude and Gross Humors, which are confined, or pass with Pain in the Gouty Person, will flee easily off by Perspiration, and the other drains off the Body in the Person free from the Gout.*

HE confirms this Proposition by observing, That the Gout seldom seizes upon People 'till towards the beginning of the Decline of Life * when the * *conf.* Solids have attained their utmost Dimensions, P. 5.

mentions, and being stretched out to their full Length become in some Measure *stifned* at their full *Stretch*: and the *Juices* are rendred *Gross* and *Glewy*, whereby the *Perspiration* is considerably *lessened* and *impaired*.

*Women
less sub-
ject to the
Gout than
Men.*

Hence *Women* are less subject to the *Gout* than *Men*, because of the known greater *Laxity* of their *Fibres*.

** conf.
p. 6.*

WHY a strong Constitution is necessary to the *Formation* of the *Gout* * is a Reason also why *Women* are seldom troubled with it, because they being of a *laxer* Make than *Men*, are thereby unable to carry the *Peccant Matter* so far into the *Habit*. Their way of *Living* also does not so much subject them to it, because they are not so *Luxurious*. Tho' those few who happen to be of a *Masculine* Constitution, or are addicted to *Excess* in *Living*, are as certainly subject to it, as *Men*, and sometimes are as severely handled by

by it. And to such as it visits when Young, it commonly proves most severe, which is a Sign that the Agents in the last Concoction are more particularly decay'd by Venery, Debauches, or Intense Study, while those employed in the first Scenes, are yet strong enough to throw all the Gouty Salts upon them.

IX. HAVING finished the History of the Gout from Dr. SYDENHAM; let us follow him in his Reflections thereon, (which we need not fear to do, because he was a great Enemy to Hypothetical Conjectures, and a most close Copyer of Nature.) He says, That the various Phenomena of this Disease are Originally produced by the Digestion weakened, * because those afflicted with it, are * such as are worn out, by Age, or by Intemperate Living, have strained their Constitutions, and impaired their due Stock of Animal Spirits, by the Immoderate Use of the Vigorous Functions, in their Youthful Days, by too

The Gout
how Ori-
ginally
produced
* conf.
P. 7.

F

early

early, or too much use of Venery; or by extravagant Exercise; to which may be added a sudden Cessation of the Bodily Exercises to which they have been accustomed, either by the coming on of Years, or Laziness, whereby the Constitution is become flaccid and clogged with Humors, which were discharged by the several Outlets, by the means of such Exercise: Moreover, Arthriticks are very greedy of Meats, and those harder to digest, of which when they Eat as much as they used to do, when they exercised themselves, 'tis no wonder they should stock the Habit, with great Quantities of indigested Humors: Immoderate Use of Spirituous and Vinous Liquors likewise, by destroying the Innate Heat and Natural Powers of the Viscera, add to the Load.

Most of the Causes mentioned as promoting Indigestion, occasion likewise a Looseness of the Fibres and Muscles of the Body, by which means a Passage is opened,

opened, for the receiving of Crude and Indigested Humors: In these Circumstances many Particles, by not being put into sufficient Motion, contract an ill Disposition, and an Increase of Bulk, which, when they can be no longer governed by Nature, break out into a Species, and fall upon the Joynts, producing Pains in the Ligaments, and Membranes covering the Bones, which, being weakened either by Age, or Luxury and Intemperance, make room for them, and are not capable to break these United Particles small enough to pass off by Transpiration, and this Determination of the Gouty Matter upon the Joynts is sooner or later, oftener or seldomer, as the more remote Causes concurring to its Production, are intended or remitted.

R E M A R K.

WHAT is here advanced concerning the Production of the Gout, by Dr. SYDENHAM, still regards that which is

F 2

Acquired:

Acquired: But an **HEREDITARY GOUT**, is induced by a particular *Natural Conformation of the Capillary Vessels of the Gouty Person.*

* conf.
p. 31.

*The Joints
why the
peculiar
Seat of
this Dis-
ease.*

THE Reason why on the first Attacks of the Gout, the *Humors* or Gouty Particles, generally fall upon the Joints of the Limbs, is, because in the Joints the Smallest Vessels are more compassed by the larger Heads of the Bones; and are thereby rendred narrower, and more readily obstructed; These Obstructions fall on the Limbs, because of the greater Length of the Small Vessels, between the Heart (the Origin of the Motion of all the Fluids) and these Joints (their other Extremity) whereby the Quickness of the Circulation diminishing, Obstructions are more readily formed. In Confirmation of all which, be it considered, That by the Smallness of the Glands in the Joints, the Natural Coldness of those Parts, their Distance from the Heart, their Compression by the larger

larger *Extremities* of the *Bones*, the *Weakness* of the inward *Motion* of the *Parts* of the *Blood* upon one Another, and thereby their *Readiness* and *Disposition* to *Unite* and to beget *Obstructions* there, the *Joynts* must consequently become most liable to *Gouty Dispositions*.

HAVING considered the *Remote Cause* The Gout defined. of a *Gout* as arising from an *Effateness* of the *Concoctions*, (which may be best understood by what has been said of the several *Scenes* our *Aliment* must necessarily pass, before the superfluous *Particles* are flung out of the *Body*, by the several *Emunctories* to the last *Scene* of *Things*, viz. *Insensible Transpiration*,) I proceed to define a *Fit* of the *Gout* to be a *Critical Effort* of *Nature* to part with such *Particles*, as in a *Tract* of *Time* have been collected, became *gross* and *sensible*, and have been retained in the *Body* by Reason of the *Inefficaciousness* of the *Digestive Powers*,

Powers, to *break* and *fit* them for *Expulsion*, at the several *Outlets* of the *Body*, particularly the *Perspirable Ones*; which, being *flung* upon the *Extream Parts*, produce grievous Pains.

R E M A R K.

A *Fit* of the *Gout*, according to *Dr. CHEYNE* is an *Effort* of *Nature* to throw abundance of *Salts*, thro' more *stiff* and *narrow* *Strainers*. It is certain, That *Persons* of a large *Appetite*, (as *Gouty Persons* generally are) feeding plentifully of *Flesh* and *Fish*, and drinking *liberally* of generous *Wines*, or other *strong Liquors*; and using either *too little* or *too much* *Exercise*, * must necessarily *over-stock* their *Blood* with *fixed* and *incorruptible Parts* of *Animal Bodies*, such as the *Salts* are; which can't fail first to raise a *Tumult* and *Fever*, and then to give violent *Pain*, as they are driven out of the *Habit*, thro' more *stiff* and *narrow* *Vessels*,

* *conf.*
p. 6.

Vessels, by the Force of Circulation. So that a *Fit* of the *Gout* may be considered, as a *Crisis* of a *Putrid Fever* wherein the noxious *Humor* is thrown upon some of the *Muscles* or *Joints* of the *Body*.

It may be easily conceived why the last Stage of Digestion, or Concoction, will have the largest Supply of the Gross Particles, which compose the Gouty Matter, by considering from Statistical Experiments, that where Perspiration is maintained freer; of our Aliment must take their Course thro' this last Concoction, consequently such a Proportion of Morbid Matter is more likely to be deposited in these last Scenes, than any other, especially as Arthriticks are generally Persons of a strong Constitution; * for in Weak People, this Matter cou'd not be carried so far into the Habit, † but would † be let out by Urine or Stool; but again, this Disease does not come on, till

The Gouty Salts are chiefly detain'd in the Parts concern'd in the last Scenes of Digestion

* *conf. p. 6.*

† *p. 32.*

* *conf.*
p. 33.

'till the Constitution is weakned, * because before then, the Digestive Powers are able to comminute and digest these Particles into a Fineness sufficient for Perspiration, but as soon as such Strength abates, and any means hinder their Perspiration, there is then a Foundation laid for the Gout.

R E M A R K.

*The Gouty
Particles
or Hu-
mors too
gross to
reach the
Nerves
of their
Juices.*

BECAUSE the Nerves and Nervous Juice are by some supposed to be immediately concerned in this Disease; I cannot omit observing with Dr. CHEYNE, that the Gouty Particles or Humors are by far too gross to reach the Nerves or their Juices, the Perviousness of which is uncertain, and the Fluidity of their Contents much more

* See Dr.
Cheyne's
Essay on
the Gout,
8th Edi-
tion p. 91.

so. * But if these Properties were demonstrably true, (which neither Anatomy, nor any Phenomena of Nature countenance) yet their Minuteness must be such, as could not suffer so gross and
sensible

sensible an *Humor*, or *Bodies* to pass them ; And here I can't forbear to make this further Remark, that when mention is made of the *Gouty Salts* and *Gouty Humors*, it generally is in a very indistinct manner : But Dr. WOODWARD (in his *State of Physick*;) rightly assigns to each its different Principle and Property ; The Pain to the *Gouty Salts*, and the Swelling to *Phlegm*.

The *Gouty Particles* or *Salts* are ^{The Dis-} *gross Bodies*, whose *Formation* and *Ex-* ^{ference} *istence* I have already spoken to. And ^{between} *what the Arthritick Humor is*, may be ^{the Gouty} *known by considering that the Chyle is* ^{Salts and} *nothing else than the Dissolution and* ^{Humors,} *Uniform Mixture of the Oily and Aqueous* ^{stated.} *Parts of our Aliment incorporated together with the Saline, by the mentioned Offices of the Stomach and Intestines ;* † *the Saline Parts by their Assistance di-* ^{† pag. 10.} *viding the Oily, and lessening their Co-* *hesions, makes them miscible ; the Saline*
G
being

being the *Instrumental Cause* of their Mixture; For tho' the *Oily* and the *Watery Parts* of our Food are averse to Mixture of themselves, yet both of them have a *Similitude* to, or *Congruity* with the *Saline*, by which means they are united: Thus, as BELLINI has it, the *Principles within Us*, are *Saline, Oleous, and Watery*. Of the *Chyle, Blood* is afterwards composed: Hence it is a *Liquor extracted* from our Food; and thus *Constituted* is a *Collection* of the *Salts* with which they are *seasoned*, of *Oil, Water* and *Earth*: This is found to be the *Analysis* of *Human Blood*, when *Chymically* examined. Furthermore let it be considered, that as this *New Liquor (Blood)* is, in its *Original Constitution*, only the *Jellies* of those *Animals* we feed upon, when the *Habit* is over-charged with the *Alimental Oyl*, or *Sulphur*, (which is likely to be the *Case* of *Arthriticks*, who are generally *Persons of large Appetites*, out of the *Fits, **) and when (thro' *Intemperance* or

* *conf.*
pag. 6.

or the coming on of *Old Age*) the *Tonick Motion* of the *Solids* is impaired, and all the *Animal Functions* grow *Languid*, it is no Wonder, that the *Vessels* should be incumbred with *Viscous* and *Tenacious Humors*, which cannot be *Assimilated* with the *Blood*. But so long as the *Salts* and *Sulphurs* of the *Aliments* swim in the *Blood*; and those *Salts* and *Sulphurs* are separated and kept in a kind of *Fusion* by the *Elastick Motion* of the *Solid Parts*, the *Liquids* have *Liberty* and *Room* enough to *Circulate* thro' the *Vessels*, all the *Functions* are performed with *Ease*, the *Body* is preserved in *Health*, and bids defiance to the *Gout*, and other *Chronick Distempers*. That our *Aliment* is in its *Nature*, *Viscous*, and apt, if it be not thoroughly *digested* and *acted* upon, to load the *Habit* with *Humors* of the same Sort, the strong *Broaths* or *Gravies* drawn from the *Parts* of *Animals*, do fully attest; which continue *Liquid* so long as they are *Warm*, and their *Parts* are kept at Di-

G 2

stance,

stance, and in *Agitation* by the *Particles* of *Fire*: yet grow *Thick* and *Gelatinous* as they grow *Cold*, and their *Particles* cease to be *Agitated* by the *Heat*. In like Manner the *Particles* of whatever Sort, extracted from the *Animals* and *Vegetables* we *Feed* upon, when thro' the *Failure* of *sufficient Force* in the *Digestive Powers* (which is the *Original Productive Cause* of the various *Phæ-*

* *Pag. 33.* *nomena* attending the *Gout*. *) they are not kept in a *due Warmth* and *Motion*, they *congeal* and form that *Phlegm*, which is properly termed the *Gouty Humor*.

Of *Evacu-*
ations in
the Gout;
under the
several
Heads of
Bleeding,
Vomit-
ing, Purg-
ing, and
Sweat-
ing, with
their In-
conveni-
encies.

FROM the *History* and *Definition* given of this *Disease*, the *Cure* may seem to depend chiefly upon *Evacuations* procured by *Bleeding*, *Purging*, &c. For since it is a *Disease* arising from a *Redundancy*, and an *Accumulation* of *Particles* and *Humors* retained in the *Body*, which ought to have been continually *Excreted* as superfluous at the

Per-

Perspirable Outlets ; what offers more readily or more likely to free the Patient than *Evacuants* ? Yet all *Experience* shews them to be *pernicious*, whensoever used throughout the *Course* of the *Gout* ; The *Reason* of which will appear from what Dr. SYDENHAM has said of the Practice, first, of *Bleeding*, Secondly, *Vomiting* and *Purging*, and Thirdly, *Sweating*, in the *Gout*.

First, *Bleeding*, (he says) tho' it may ^{Of Bleed-} appear to have the *Double Advantages* of ^{ing.} *Evacuating* and *Attenuating* the *Humors* circulating about the *Body*, and yet not cast upon the *Joynts* ; as also those which have already besieged them, yet 'tis to be forborn, because it directly opposes the required *Indication* : viz. The *Strengthening* the *Instruments* of *Digestion*. *Letting* of *Blood* exhausts the *Support* of *Life* and *Strength*, and destroys the *Elasticity* of the *Fibres* of the *Solid Parts* which were before enervated, and thence gave leave for the *Accumulation* of the
Peccant

* *conf.*
p. 40.

*Bleeding
when use-
ful.*

*Of Vomit-
ing and
Purgings.*

Peccant Matter, being unable to com-
minute and break it fine enough for
Transpiration. * Hence Phlebotomy
is not to be used, either to prevent a
coming Fit, nor to mitigate the Pain of
a present one, (especially in Persons of
advanced Years) neither after a Fit, lest
a fresh One should be caused more lasting
than the former, attended with more vio-
lent Symptoms, the Strength and Vi-
gour of the Blood and Solid Parts being
diminished, by which the Gouty Matter
should have been constantly expelled. Be-
sides, in this weak State the bringing on a
DROPSY is hazarded; Yet if the Pati-
ent is young, and has been overheated
with hard Drinking, Blood may be taken
away, at the beginning of a Fit; but if
it be continually used in Future Fits,
the Gout will be confirmed even in
Youth.

Secondly, Evacuations either by Vo-
miting or Purgings Medicines cannot
be allowed in this Disease without manifest

Harm

Harm, because they invite the Peccant Matter from the Extremities where it should be expelled, into the Blood and Inward Parts; where it may seize some of the Viscera, to the endangering the Life of the Patient; which has been the Case of many, who, to prevent or lessen the Fit, have accustomed themselves to take Purging Medicines. In the Fit, Purging disturbs Nature in her Method, of thrusting the Morbifick Matter upon the Joynts, and upon account of the Hurry thus occasioned, the Fit will be greatly increased. And at the End of the Fit, instead of removing the Relicks of the Disease, it brings on another Fit afresh, as bad as the former. It does so likewise if taken in Time of Health to prevent a Fit, for it no ways conducing to the Strengthening of Concoction (but contrariwise the weakning of it;) tho' it may draw off some Part of the Gouty Matter, yet it opposes only One Cause, and that it performs but perfunctorily, so that it is upon this Account wholly unable to

Cure

Cure their Disease; and at the same Time the Tone of the Parts being thereby destroyed, the Peccant Matter moves without Resistance, and produces a New Fit.

Of Sweating.

Thirdly, Sweating offers it self in the next place, which, tho' not attended with the Mischief of the foregoing Evacuations, as the withdrawing the Fomes of the Disease into the Blood and Bowels, but, on the other Hand, drives it into the Habit of the Body, and disposes it for Expulsion, Yet it does Hurt for these Reasons; First, when the Fit is off, it forces the Humors not prepar'd for Separation, upon the Limbs, bringing on the Fit both before its Time, and contrary to Nature's Consent, and the Peccant Matter being cast too violently upon the affected Members, it produces an intollerable Pain; and if the Quantity of Matter is greater than can be contained in the affected Part, it forces it upon other Members. Wherefore it is very dangerous to cast out the Morbifick Matter too violently,

violently, and beyond that degree of Concoction, whereunto the Humors to be evacuated have come of their own Accord. Thus the gentle Sweat which comes in the Morning of its own Accord, after the Fits, mitigates the Pain and Restlessness which troubled the Patient all the Night. * Upon the whole, it ^{conf.} is not so much the Physician's as Na- ^{pag. 19.} ture's Business to force Sweat, in this Disease, because it cannot be known what Part of Matter is already prepared for Separation, and by consequence what Measures are to be taken for provoking it.

Dr. CHEYNE proposes two Ways of treating the Gout as the only Successful Means that can possibly be pitched upon. *Methods proposed of treating the Gout as the only successful ones.*

THE One is by stretching and widening the Capacities of the smallest Vessels, and relaxing their Fibres.

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THE Other is by lessening the Quantity of Salts introduced into the Fluids, by the Food.

To Answer, One Part of the first Intention; (*viz.* The widening the Capacities of the small Vessels) He recommends Exercise.

Of Exercise.

First. As it increases the Intestine Motion of the Parts of the Fluids among themselves; so their Salts, by striking one against another, are broken and made less, and may pass more readily thro' the small Vessels. Secondly, As it adds a New and Foreign Force to the Blood, and thereby promotes its Circulation from the Heart thro' the small Vessels, driving some of the grosser Parts of the Fluids thro' them, which in the ordinary Course of the Circulation would not pass so freely, and thereby opening their Obstructions, and enlarging their Capacities. Thirdly, As it encreases the natural Perspiration, the

the Action of the *Muscles* in *Labour* and *Exercise*, and the Spring of the *Solids* by their multiplied Efforts, squeezing their Contents. The Dr. adds two Cautions, in the use of Exercise. *First*, That it be not too violent, for that will necessarily, either spend the Spirits whereby the *Digestions*, and *Circulations* will be impaired, and so a *Regular Gout* be brought to an *Irregular One* : Or by shaking all the *Gouty Salts* at once upon the *Extremities* a *Regular Fit* will be forced out ; whereas in less violent *Exercise* they might have been spent by *Perspiration*. *Secondly*, That Moderation in *Eating*, and *Drinking* be joyned to *Exercise* ; for commonly *Gouty Persons* are large *Feeders* ; and *Exercise* emptying the *Stomach*, *Guts* and *small Vessels*, if the *Appetite* be satisfied to its Craving, the Evil is rather encreased than diminished thereby.

To Answer the *Second Intention* ; *Two ways*
viz. The lessening the Quantity of *Salts*, ^{*proposed*} of lessening
H 2 which ^{*ing the*}

*Quantity
of Salts
which
produce
the Gout.*

which produce the *Gout*, the Dr. lays down two direct Methods. The *First* is, by a total *Abstinence* from, or a great *Abstemiousness* in *Flesh*, *Fish*, and strong *Liquors* which introduce those *Salts* into *Human Fluids*. But the *Inconveniencies* attending such a Course, are, *First*, Because an entire *Vegetable Diet* weakens all the *Digestive Powers*, and all the *Functions of Life*; impoverishes the whole *Mass of Fluids*, impairs the *Strength* and *dispirits* the Man. *Secondly*, Because this *Diet* once entered upon, is never after to be changed under the *Danger of sudden Death*, or the most violent enraging of all the *Symptoms*.

The other way of banishing the *Salts* out of the *Habit*, is by *Evacuations*, by *Exercise*, and gentle *Stomachick Purgers* in the *Intervals* of the *Fits*; and by a gentle and slow *Perspiration* in the *Fits*.

*Secondary
Means of
relieving
the Gout.*

The *Secondary Methods* by which He proposes to relieve the *Gout*, are, *First*,
Dilution.

Dilation by proper Liquors, which will *thin* the Blood, *dissolve* and *break* the Salts, and keep them at a *distance* from running into *Clusters*, and will carry them out of the Body by increased *Per-spiration* and *Urine*, &c.

Secondly, By *Medicines* that will *strengthen* the *Instruments* of *Digestion*.

HAVING given a particular *Idea* of this Disease in its several *Stages*, and considered it as *Regular* and *Irregular*, *Hereditary* and *Acquired*, by a *Collection* and an orderly *Disposition* of the Sentiments of such *Authors* to whose Judgments an Universal Regard is had, and hinted the *general Means* of *Relief*, or *Cure* hitherto afforded in it; I will proceed to enquire what the *Intentions* are, which must be *pursued* and *satisfyed* in order to obtain a *Per-fect Cure* of the *Gout*, according to the *Principles* laid down, which I will here *Recapitulate*; and may be remembered to be as follows:

First,

A Recapitulation

First, That the *Chief Properties* of the *Gout* are ; To invade Persons in the *Decline of Life*, to succeed *High-Living* ; an *Extravagant Use of Violent Exercise* ; or an *Abatement* of that which was necessary to maintain a due *Warmth* in the *Blood*, and sufficient *Firmness* of the *Fibres* ; a too early, or an *Immoderate use* of *Venery*, &c. To affect Men of a *lax and moist Habit of Body* : And to have its *Periods* generally in *Spring* and *Autumn*.

Secondly, A *Fit* is preceded by *Cramps* and a *Numb'dness* of the *Thighs*, *Legs*, &c. by *Costiveness*, &c.

Thirdly, **WHEN** *Regular*, it seizes the *Internal Parts* of the *Food*, its *Periostium*, *Nerves*, *Membranes*, *Ligaments*, and *Tendons* about the *Joynts* : And when *Irregular*, it always falls upon the like *Membranous* and *Nervous Parts*.

Fourthly,

Fourthly, A Fit comes on after having been some time asleep with a Tensive, Burning, Gnawing Pain, which increases gradually 'till about Midnight; and then

Fifthly, The Pain goes off in a Breathing Sweat.

Sixthly, It scales the Part; or bursting the Vessels throws off a chalky Matter upon the Ligaments of the Joints: whence,

Seventhly, The immediate Cause of the Pain, Inflammation, &c. in a Fit of the Gout, is owing to this very Cre-taceous Matter flung upon some Nervous and Membranous Part, and endeavouring to pass thro' their extremely small and narrow Vessels.

Eighthly, This Cause lurks in the Body in the Absence of a Fit.

Ninthly,

Ninthly, This Cause is deposited upon various Parts by the *Fluids* : For the *Solids* never change Places, and consequently the *Fluids* alone, in the *Absence* of a *Fit*, are the *Seat* or *Vehicle* of this Cause.

Tenthly, This Cause, upon various Occasions, is apt to be deposited in the *small Vessels* in the *Extremities*, where the *Circulation* is most languid, and the *Parts* are naturally pressed and contracted.

Eleventhly, As these *Vessels* are more *Stiff* and *Rigid*, and the *Gouty Matter* more tenacious, the *Disease* will be more severe.

Twelfthly, In a *Fit*, both the *Solids* and *Fluids* are concerned : But in the *Absence* of a *Fit*, the *Fluids* alone are concerned.

AND

AND now to proceed to the Cure of this Disease, the present Enquiry; FROM what has been said, it is seen how *hazardous* and *fruitless* is the endeavour to Cure the Gout, by *Evacuations* made by *Bleeding*, *Vomiting*, *Purgings* and *Sweating*, however promising they seemed to be, and also how *pernicious* they are to People of a *Gouty Disposition*; therefore we are yet to seek for a Cure; the Prosecution of which must regard either the *Time* of a *Fit*: or, The *Intervals* of the *Fits*.

THE *Intentions* then to be satisfied in a *Fit*, are,

*What the
Curative
Intentions
are.*

First, To assist Nature in the procuring the Gouty Salts and Humors to be thrust to the *extream Parts*.

Secondly, To assist her likewise in the Digesting of the Gouty Particles thus obstructing the *Small Vessels* which compose the *Glands* in the *Joynts*, or
I those

* *conf.*
p. 9.

those which serve to the *Nourishment* of the *Periostium*, *Nerves*, *Membranes*, *Ligaments* and *Tendons* about the *Joints*. * Whereby more of the *Gouty Salts* will be fitted for *Transpiration*, than would be by the *Efforts* of *Nature* unassisted, and the *Fit* consequently rendered *shorter* and more *effectual*; And,

Thirdly, WHEN the *Fit* is over (the *Time* afforded to attempt a *Perfect Cure* of this *Disease*) to *Resolve* the *Gouty Salts* which are in the *Blood* and have not yet been separated from it, as well as those which have been returned into the *Habit*, and which (otherwise in *Time* would re-accumulate and produce a *fresh Fit*,) to such a *Fineness* that they may be detached quite out of the *Body* by the *Perspirable* or other *Outlets*, and the procuring such *Discharge*.

To Answer the *first Intention*, viz. The procuring the *Gouty Salts* to be thrust

to

to the Extream Parts. The natural Powers are often sufficient of themselves, but if need be, they may be assisted with a Cup or too extraordinary of some generous Wine, or by taking some Stomachick Medicines composed of Aromatick Bitters: But in the Use of these (or other) Means, great Care must be taken not to precipitate too hastily the Morbid Matter upon the Joints; For from thence will follow the Inconveniencies already mentioned. * *conf. p. 48.*

In the Management of a Fit the great Difficulty in fitting and preparing the Matter already infecting the Joints for Expulsion by Transpiration, is learnt from what has been said on the Head of Sweating: And the Reason of it is to be sought for from a Consideration of the Gouty Particles themselves; which are such as at first were received with our Nourishment, † but by being a long time retained in the Body, (because the natural Powers have not been

*The As-
sistances
and In-
conveni-
encies at-
tending
the Use of
Medicines
to promote
a Fit.*

** conf.
p. 48.*

† Pag. 7.

able to break and fit them for Expulsion, with the Matter of *Insensible Transpiration*, † as being of no farther Use to the Animal Oeconomy) they form such *Combinations*, that at length they become so great an Annoyance to the Animal Functions, that Nature, to get rid of them, (at her own Time) separates and disposes them to be cast on the *Joints* particularly, for Reasons already alledged *. Things being thus, it is plainly hazardous to repel these Bodies, and fling them again into the Blood, by any means, while they are in this Condition; For in Consequence of the Conflicts between the annoying Bodies, and the offended Organs, wherein Nature has so far gained her Point, as to deposite them on the *Extremities*, they come so near each other, that the Sum of their *Attractions* is prodigiously increased, and consequently their *Bulks* are much greater than before; wherefore to effect a return of them then into the

Habit,

† *conf.*
p. 97.

* *conf.*
p. 36.

Habit, carries along with it an Idea of the Hurt they are capable of doing by seizing any of the Noble Parts, if Nature by a Second Effort cannot happily thrust them upon the *Extremities*.

It appears then, That something The Intention which alone can render the Gout Curable. † conf. p. 42. more than either the widening of the Capacities of the Vessels and Relaxing their Fibres, or, a bare Disunion of the Gouty Particles † (thereby lessening of their Cohesions and Balles,) must be thought of in order to obtain a safe and certain Cure. And that is, the Digesting or Resolving those Particles *per minima* to the same degree of Fineness by Art, to which the Natural Digestive Powers should have constantly have broken them for Expulsion; * * psg. 44. If this can be brought about, what Doubt is there but that an Absolute Cure may be expected? And that it is Possible and Practicable shall be shewn: And here let us examine the Objections rais'd against the very At-tempting

tempting to Cure the Gout; and, The supposed *Impossibility* of ever effecting a Safe and Certain Cure. Which I hope to convert into so many Arguments for the *Possibility* of Curing it.

OBJECTION.

An Ob-
jection
rais'd a-
gainst at-
tempting
to Cure
the Gout.

IN the first Place then, it is object-
ed that the Gout is so far from being a
Disease which we should be solicitous
to Cure, that in most Circumstances,
it is the only Remedy the Constitution
can have against much greater Evils:
“ If (says the Objector) this Sandy,
“ Gritty, Saline, (Gouty) Matter is in
“ the Body, and a Person has not
“ Strength enough to carry it farther
“ than the Intestines, which cannot be
“ but in extream Weakness, † and if it
“ does not all Secrete off by Urine,
“ which also cannot be but in very fee-
“ ble Constitutions, * there is then no
“ riddance to be procured but by
“ Transpiration, † and if that fails it
“ will

† conf.
p. 10.

* pag. 11.

† Pag. 13.

“ will gather upon the Chief Organs,
 “ so as to hinder their Offices; and
 “ put a Stop even to Life, unless there
 “ be Strength enough to throw it up-
 “ on the Extreame Parts; in this Case
 “ a Person must have the Gout, or
 “ suffer much worse; and it is the
 “ Duty and Business of Medicine to
 “ forward and procure this Salutary
 “ Tormenter, rather than to prevent
 “ or cure it. The Distemper it self
 “ is a critical Solution of much worse
 “ Distempers, and ought to be as
 “ much encouraged as the direct
 “ Means of Cure, in any Case what-
 “ soever; when therefore it is Form-
 “ ing, or already Formed, to pretend
 “ a Cure, is betraying a great deal
 “ of Ignorance, or a great deal of a
 “ much worse Quality. ” QUINCY.

The OBJECTION considered.

THIS Objection of Dr. QUINCY's,
 I allow to be valid in every Part; but
 then

then it is only levelled against that
 Cure which I have censured above,
 that has for its Aim alone the mention-
 ed *Alteration* of the *Vessels*, or other-
 wise the *separating* the *Gouty Particles*
 one from another. For in the first
 Case their *Bulks* continuing the same,
 and in the last their *Cohesions* being but
 a little lessened and returned into the
Habit, by which means, tho' the *Fit*
 will be for that Time over, yet they
 necessarily will come about again, and
 produce *fresh Fits*: or if some *Noble*
Part should be seized, and Nature not
 have sufficient Strength to form *fresh*
Fits, much worse consequences would
 follow: " For (as the Dr. says) if
 " this Sandy, Gritty, Saline Matter be
 " in the Body, and if no Riddance be
 " procured for it, it will not fail to
 " gather upon the chief Organs so as
 " to hinder their Office, and put a Stop
 " even to Life it self, unless there is
 " Strength enough to throw it upon
 " the more *Ignoble Parts*." But the
 Means

Means I would propose (and which are to be used in the Absence of a Fit while the Gouty Matter is lurking in the Fluids as its proper Vehicle; the Solids at such Time being unaffected therewith) regard not the Vessels, but the Matter contained in them by a *Specifick Resolution* of the Component Particles, rendring them invisibly small and consequently passable (in such State) thro' any of the Natural Outlets; and at the same Time procuring their Discharge: So that considering the Gout (with Dr. QUINCY) as a *Critical Solution* of much worse Distempers, which we must not prevent, but contrariwise, procure †; yet when † *conf. p. 63.* formed, we may surely procure the Discharge of the Gouty Matter out of the Body, by all possible and safe Means. Or if we consider it (with Dr. CHEYNE) as a *Crisis* of a Putrid Fever, wherein the noxious Humor is thrown upon some of the Muscles * ** pag. 39.* which is most dangerous to repel; yet

K

the

the Matter already infesting the *Muscles* (in that Case) may, nay must be let out, by Knife or otherwise, and this is constantly practised as often as the Case happens. Upon the whole, what is here urged, against an Attempt to Cure the *Gout*, is so far from being an Objection, that it shews the value of this, here recommended; as it effects a real *Solution* of that Disease, which hath for its Cause the *Recrement* of many worse Distempers, and procures its Discharge entirely out of the Body, by which it can never give any future Annoyance to the *Organs*, any more than the Matter of an *Abscess* that follows a *Putrid Fever* when it is let out, as above.

OBJECTION II.

*A second
Objection,
to shew
the utter
Impossibility
of
ever ef-
fecting a*

ANOTHER Objection is rais'd (by Dr. CHEYNE) to shew the absolute Impossibility of a *Certain and Universal Remedy* for the *Gout*, and to discover the Vanity of the Pretenders to such an

an One. " For unless (says the D^R) ^{certain}
 " a Remedy could be found, which ^{Cure of}
 " at once could change and new- ^{the Gout.}
 " mould the Solid Parts of Human
 " Bodies, alter the Nature and Quali-
 " ties of Animal and Vegetable Bo-
 " dies; and destroy Parts that are in
 " their own Nature fixed and perma-
 " nent; 'tis impossible it should be
 " certain and Universal: And how
 " possible such a Remedy is, I leave
 " every one to judge. "

The Second OBJECTION considered.

THIS *Objection* seems of great Im-
 portance, and at first View may be
 thought sufficiently to expose the Vani-
 ty of the Pretenders to a certain Re-
 medy for the *Gout*; nay, by these re-
 quisites it appears that they might as
 well pretend to create or annihilate
 with their Remedy, as *Cure the Gout*;
 For it must be what will at " Once
 " change and new-mould the Solid Parts
 K 2 " of

“ of Human Bodies. And (also) destroy
 “ Parts that are in their own Nature
 “ fixed and permanent. ” But this Ob-
 jection allowed its full Force, will be
 found not to be One, or so much as
 intended to be One, against the Means
 I am recommending, but, on the con-
 trary, justifies them; the proposed Means of
 Cure being certain and Universal even upon
 the DOCTOR's own Terms: In order
 to prove which, let us enquire into
 what is here meant by “ changing and
 “ new-moulding the Solids of Human
 “ Bodies: ” And this is had from what
 Dr. CHEYNE says of the particular
 Natural Conformation of the Capillary
 Vessels of a Gouty Person, and of the
 manner of Relief in it; viz. “ That
 “ the smallest Vessels in them, must
 “ be narrower and stiffer than in those
 “ that are free from the Gout ” * :
 And “ That one of the Direct Ways
 “ to treat the Gout, with any Prospect
 “ of Success, is by stretching and wi-
 “ dening the Capacities of the small
 “ Vessels

* conf.
 p. 31.

“ Vessels and relaxing their Fibres †. ” † pag. 49:

From hence is seen what the required *Change* of the *Solids* is, namely, That the *Fibres* of the *Canals* be *stretch- ed* and *relaxed*, and so rendered *wider*, that the *Gouty* Particles may freely pass thro’ them. Let us next see in what Sort the proposed Method of *Re- solution* answers to the Usefulness of these Intentions, and this it does, not in satisfying the Words of this requi- site, but is entirely well suited to the same principal Design of giving Pas- sage to the *Gouty Salts*, viz. By *digesting* or *lessening* infinitely the *Bulks* of the *Gouty Particles*; which will produce the same Facility in their Passage, as if the *Canal* was made *wider*; For if the *Obstructing Bodies* are reduced to a Size Inferior to the *Diameters* of the obstructed *Vessels*, it will be the same thing as if the *Vessels* themselves had their *Capacities* enlarged. Then, for the other part of the *Objection* which is founded on the *Permanency* and fixed Nature

Nature of the Principles of Bodies, I beg Leave to observe, that however *fixed and permanent* the *Original Corpuscles* which constitute these *Gouty Bodies* may be; yet I beleive it will hardly be affirmed that there are any *Vessels* in the Body so small, but that the *Particles* which pass them may still be capable of almost infinite *Sub-Divisions*. And a notable Proof that they may, is afforded even in these *Bodies* we are now speaking of, which tho' now so *gross*, thro' the Weakness of the more *remote Tonick Powers*, as to be incapable of passing the smaller *Vessels* without exquisite *Pain*, yet are the very same which at *first*, by means of the *common and natural digestive Powers*, might have been, or perhaps were divided to a *Smallness* imperceptible, and fitted even for *Insensible Transpiration* †. So that it is not necessary to attempt to penetrate the *primary Atoms* or *constituent Parts* of Matter, but only to disunite and digest any *Combination* of such (which

† *conf. p.*
13. & 40.

(which shall happen to burthen Nature in any Part of the Circulation) to a Size fit for *Transpiration*, which is the most refined Discharge we know, and which Nature her self points out to us, in the gentle *Sweats* which she indulges the Patient in, towards the End of a *Fit* †; To which it is evident, this particular Sort of Matter is not at all *re-*^{† conf. p. 19.}
luctant, since it is no other than what might, and ought to have been so reduced by the Energy of the *natural Powers* *; consequently it is highly ^{* pag. 10. 40.} reasonable to think it not Impossible to be *Resolved* to the same degree of *Subtily* by other Means. Which *Intention* I have had the Pleasure to see fully answered by *Experiments* made before *Persons of Judgment and Figure*.

These Means (I think) have much the advantage of those which intend the *widening of the Vessels*; For tho' by that Means a Passage may be procured for the *Gouty Bodies* at that Time, yet
there

there seems to be no Provision made against a future *Fit*, because either the *Fibres* of the Vessels will recover their *Tone*, and be therefore liable to be obstructed by a return of the same *Bodies*, or if they do not recover it, the Consequence must be a perpetual *Debility* upon the Part. But in the Way proposed, these *Particles* are reduced to a Size proper for immediate *Discharge*; which procured, the *Organs* are thereby rescued from what annoyed and incumbered them, regaining free Liberty to act and perform each their proper Part and Office, without Imbarraiss or Impediment; the *Gouty Salts* being thus wholly *Extirpated* the Body: And that upon Principles of the greatest Conformity to Nature, and most generally received, and are what alone can effect the proposed End, either in the Case of an *Hereditary* or an *Acquired Gout*. Who therefore that thoroughly considers the Reasonings advanced (none of which were calculated to deceive

deceive, but are truly consonant to the *Nature of Things*) can suffer themselves to be deterred from the use of Means of Cure, which carry along with them so great Evidence of being certain and *Universal*? But (as is somewhere observed) such is the Foible of Mankind; that *Fears* well wrought upon, can do more, even against Mens own *Interest*, than *Demonstration*, or the highest *Probability*, can do for it, when *Art* is out of the *Question*: I shall only add, that as this *Method of Cure* is prosecuted in the *Intervals* of the *Distemper*, as well as from the *Nature of the Operation* already described, there can be no Suspicion had either of *repelling* or *translating* the *Gouty Matter*: For as Dr. CHEYNE observes, in the *Intervals of Fits*, a *Person* is, as to all Intentions of *Medicines*, the same as a well *Person*.

To conclude, suffer me to set the *Doctrine* of this *Theory*, in such a Light
 L by

by *Analogy*, that the *Efficacy*, and *Certainty* of the *Cure*, may be clearly seen.

* *conf.*
pag. 44.

† *Pag.*
63.

I have shewn that the *Gout* is a *Disease* produced by the *Accumulation* of *Particles* and *Humors* retained in the *Body*, which ought to have been continually *Excreted* as useless to the *Animal Oeconomy**, and that would in process of *Time*, if no *Riddance* could be procured for them, gather upon the chief *Organs* so as to hinder their *Offices*, and put a *Stop* even to *Life* it self†: What the *Gouty* *Particles* are, and how they came into the *Blood*, have likewise been plainly and naturally deduced.

An Illustration of the Doctrine of the Gout.

FIRST then, let us suppose a *Conical and Distractile Tube* (such are the *Arteries* in *Animal Bodies*), whose *Diameter* at its *Basis* is equal to one *Inch*, and that from this *Tube* proceed many *lateral Branches*, and that these *Branches* are *Sub-divided* into such *Number*, and their *Lengths* such, that the *Diameters* of their

their *Extream Orifices* be $\frac{1}{1000}$ Part less than the *Orifice* of the *Tube* at its *Base*: As it is certain that the *Vessels* which make the *Glands*, may have any *Proportion* of *Minority* to the whole of the *Canals*.

Secondly, That this *Tube* contains a *Fluid* (for Instance *WATER*) the *Particles* of which may pass freely thro' the most minute *Orifice* of the *Tube*, and so in a *Circulatory Manner*, from the narrowest (i. e. The *Extremities* of the most divided *Branch*) to the widest Part of this *Pipe*, reciprocally: Thus a *Circulation* of the *Fluid* would be maintained without *Obstruction*, till by any *Means* some of the *Aqueous Particles* should cohere, by which their *Bulks* would be so increased, as to become *Disproportionate* to the *Diameters* of the least *Orifices* of the lateral *Branches* †; and † *conf.* since we have instanced in *Water* (that ^{p. 8.} the *Idea* may be natural) let us give this *Cohesion* of *Particles* the Term of

* conf.
p. 78.

† pag. 20.

Ice; (only allowing e. g. That the *Congelation* may be produced by a *Defect* in the *Circulation*, arising from a diminished *Pressure* of the *Sides* of the *Tube* upon the *Fluid* *, instead of what is the genuine *Cause* of it) this (*Ice*) would manifestly interrupt the free *Circulation* of the *Water*, thro' the last *Division* or utmost *Length* of the *Tube*, so long as the *Cohesion* of these *Particles* remains: And to suppose farther, that the *Bulks* of these *Particles* be subject to an increase, by the *Accumulation* of fresh ones †, their *Passage* would be rendered still more impracticable, and the *Obstruction* would then be in the more considerable *Vessels*.

* Pag. 61
‡ 65.

Now it must be allowed that so long as the *Bulks* exceed the *Capacity* of any Part of the *Tube*, so long the *Machine* may be said to be *disordered*; to rectify which, either the *accumulated Particles* must be reduced to their *pristine Fluidity* *; or else to a *Size inferior*

ferior to the *Diameters* of the *least Orifice* in order to render them *Passable* †; Or, † *Pag.* 50. & 64. lastly, the *Vessels* themselves must (as Dr. CHEYNE observes) be considerably *dilated* *; For it is impossible any *Means* * *Pag.* 49. to be of *Use*, but what must either act upon the *Vessels* themselves, or upon the *Matter* contained in them.

To effect the *First Method* of *Reduction*, (since it is only *Ice* that causes the *Disorder*) we may readily fall upon an *Expedient*; 'tis but applying *Heat*, and the *Business* is done: But, for *Argument's* sake, we suppose *Fire* to be out of the way, its *Property* of *Resolving* such *Bodies* never to have been heard of, and then the next *Method*, viz. That of *Reducing* the *combined Particles* to a *Size inferior* to the *Orifices* of the *least Vessels* must be thought of, and tho' that should be *accomplished*, yet the *liableness* to *future Annoyance* may be easily recollected † unless † *Pag.* 72. the *Reduction* of these *Bodies* be of the *first Kind*: For,

By

By the Second Supposition, a Circulatory Motion of the Fluid is proposed; to maintain which, the containing Tube must be endued with a Contractile and Distractile Property † and being of a conical Figure (by Supposition first) its Diameter continually lessening, a greater Action is impressed on the Springy Sides of the Vessels, by the included Fluid: Which by Reaction being returned on the Fluid, it is thereby promoted on its Forward Motion. In the same manner is the Circulation of the Blood performed in the Arteries: Thus by the Alternate Exertion of these Powers the Liquor will be propelled from the largest to the least Vessels, and this will be reciprocal so long as the Resistance of the included Bodies does not over-balance the Contractile Force of the including Vessel, i. e. While the Fluid continues in every Circumstance unaltered: But a Change being induced by any Part running into Cohesions, it will consequently require a more than ordi-

† Pag. 11.

nary

nary Contraction of the Sides of the Vessel where the Obstruction happens (viz. in the narrower Vessels) to squeeze it forward; but this effected, and the Cohering Bodies forced into more Capacious Vessels (analogous to the Veins in Human Bodies †) all Disturbance to the Cir. † See p. 8. culation from thence, will vanish, till those Bodies, in Conjunction with more, are brought about another Time, to Vessels too narrow for their Passage; when a fresh demand is made of their peculiar Exertion before the Difficulty can be surmounted, and this frequently repeated, must necessarily strain and weaken the Vessels to such degree, that they will lose all Elasticity *; and then * conf. those Particles which before were kept p. 33. at distance, will unite, and form themselves into parcels large enough to annoy the Functions of the Tube, up to its very Base.

THE Case is plainly the same between the Gouty Salts and the including Vessels,

Vessels, and the Means to rectify or Cure the Disorder arising thence, are the same, as were required to free the Pipe from the combined Particles of Ice.

THE Second Intention, namely, the Reducing merely the Particles to a Size inferior to the Capacity of the containing Vessels; or the enlarging their Capacities, in the Cure of this Disease, is all that has been hitherto proposed or effected; but till such Time that the first Method of Reduction or Resolution can be practised, the Gout will continue to have its frequent Returns and Increase.

THIS Kind of Reduction is what my own Experience has manifested to me with the same degree of Certainty, as that of the Icy Particles by the means of Heat. The Gouty Salts are thereby in Condition to pass freely and entirely out of the Body, at any the most minute Natural Outlets, and the Patient absolutely freed from any present or future

future Annoyance to the *Animal Functions* from these Bodies: Which is to Cure in the strictest and most extensive Sense of the Word.

COROLLARIES.

I. From this *Theory* it is certain, that ^{Corollaries from} the Means which are sufficient to re-^{the whole.} solve and discharge the returned Gouty Particles after a Fit, must, if used by Persons who are of a Gouty Disposition, be a true Preservative against it.

II. These very Means also must be efficacious in preventing the Generation and Increase of the Stone and Gravel.

III. Hence may be discovered, that whatever Method or Medicine has been, or may be proposed for the Cure of the Gout which has not the Resolution and Discharge of the Gouty Matter for its Operation, arrogates the Name most undeservedly.

I make no Question but some will be so kind as to suggest the *common Reason* for my concealing this *NO-STRUM*, that is, because it would not bear the *Proof*; but I assure them, *That* if my *Fortunes* would justify me in a *Contempt* of the *Profit* it may yield, it should not remain long in a single *Hand*; it should be as *Universally known*, as it is *wanted*. But as the *Case* is, I must endeavour to make the *Advantage* atone for the *Censure*, and must leave the *Incredulous* to the *Persuasion* of the next *Fit*.

I forgot to observe, in a more proper Place; That notwithstanding *Dr. CHEYNE* has raised the most considerable *Objections* to a *Cure* *; yet he admits that where the *noxious Humors* are confined to the *Fluids*, as in *Acquired Gouts* (which, as I have shewn, is the *Case* in the *Intervals* of all *Fits* †,) a proper *Diet*, due *Exercise*, and a few well-chosen *Remedies*, may go a great way, if
not

* *Vid. p. supra 67*

† *conf. p. 56.*

not to a perfect Cure, yet to make Life
 easy under them, * which does not a-
 mount to a peremptory denial of the
 Possibility of ever effecting a perfect Cure ;
 but is rather to be construed a Con-
 cession that its Cure may be effected
 while the Fluids only are concerned, if pro-
 per Remedies were used.

* See Dr.
 Cheyne's
 Essay 6th
 Edition
 pag. 15

Dr. SYDENHAM concludes his
 Treatise of the Gout, with these Pro-
 phetick Words : " The Method which
 " I here deliver is built upon a strict
 " Examination of the 'foresaid Phe-
 " nomena, and by following it, I have
 " eased the Disease in my self, and
 " others ; but a perfect Cure yet
 " lies hid, and I know not when, or
 " by whom it will be brought to
 " Light ; tho', by my long Course of
 " thinking, I am induced to believe,
 " that such a Remedy will be found
 " out ; and if it happen to be, it will
 " expose the Ignorance of the Dog-
 " matical, and then it will appear how
 M 2 " much

“ much they are deceived in the
 “ Knowledge of the Essences of Dis-
 “ eases and in the Medicines they use
 “ for them.—But in the mean while,
 “ ’till a perfect Cure of the *Gout* is
 “ found out, which all Physicians
 “ ought to desire, especially I, let this
 “ Treatise be kindly received as it is”.

Conclu-
 sion.

THUS this great Man has declared
 his Opinion of the Possibility of a Cure,
 and has given a good hint to the *Opinionative* not to be too peremptory in
 opposing any Endeavours this way; I
 hope therefore a fair Reading and Ex-
 amination will be given these Papers; and
 I doubt not but as the Principles upon
 which they are founded are *Universally*
 received, so the *Deductions* will be found
 to be natural. This at least I am sure
 of, that whatever *Defect* there may be
 in the Method of my Reasoning, it will
 answer in *Practice*, because it has been
 confirmed to me by a Multitude of
 Experi-

Experiments, which I have made in the Course of a Twelve-Month's Retirement for that Purpose.

Tollere Nodosam jam scit Medicina Podagram.

ERRATA.

Page. 24. lin. 24. read *from*.

38. Margent for 6 read 34.

48. l. 1. for *their* read *the*.

54. l. 18. for *Food* read *Foot*.

58. l. 15. Put the Parenthesis before *(and which*

78. l. 4. read *Contrastile*.

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F I N I S.



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7

A SHORT
ACCOUNT

O F

Certain Remedies

Used in the

C U R E

O F T H E

G O U T.

By GILBERT NELSON.

L O N D O N:

Printed in the Year, 1728.

A SHORT

ACCOUNT

OF

Certain Remedies

Used in the

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A Short Account of certain
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BEFORE I proceed to speak of the Medicines themselves, I will in few Words give an Idea of the Nature of that Disease which they are design'd to Remedy, by considering it under the following Circumstances, as it regards ;

First, Persons of gouty Dispositions.

Secondly, The Fits of a Gout when form'd, and the particular manner of their Formation.

Thirdly, The Intervals of Fits

*The State
of Persons
of gouty
Disposi-
tions.*

I. Of Persons of gouty Dispositions, or that hitherto have not suffered a Fit of the Gout: And these are such (as for any thing that is observed to the contrary) are in a perfect degree of Health (inasmuch as it consists in the Contractions of their Solids, and the Resistance of the circulating Fluids, bearing an exact Proportion each to other) yet at the same time there are intimately mix'd with the Blood, Particles which, upon divers Occasions, may be separated from it, and produce the Disease under our present Consideration, as shall be shewn,

*The Com-
position
and State
of Hu-
man
Blood.*

II. The Constitution and State of Human Blood (the Vehicle of the gouty Salts) has already been consider'd in a Tract I lately publish'd upon the Nature, Cause, and Symptoms of the Gout; Printed for T. Warner in Pater-noster-Row, to which I refer you. See Pages 42, 43, 44.

III. The

III. The Salts with which the Blood ^{Of the Salts in the Blood.} is impregnated are, by the great Mr. Boyle, said to be of two Kinds, viz. A Marine Salt which contains an Acid; and a Volatile Alcalious Salt, which will foam and ferment with an Acid; So long as these Salts continue to be in due Quantity, and are (with the Sulphurs in the Blood) kept in a kind of Fusion by the Elastick Force of the Solids, the Person will remain free from the Gout; but when the Blood becomes over-stock'd with them, and they are by any means coagulated, they are then separated from the Blood, occasion an Hurry and Disorder in the Frame, and are critically cast upon the Joynts of the Extremities particularly, there forming the Gout: ^{when fix'd and coagulated, they compose the gouty Salts.}

See P. 36, 37.

IV. The Causes of the Blood's being over-stock'd with these Salts and Humors, are set down in the 5th and 6th Pages of the mention'd Treatise, ^{The Causes of the Redundancy of the Salts and Humors in the Blood, refer'd to.} under

under the Heads of Persons who are liable to the Gout, and in the Remark thereon, extending to the 14th Page inclusive; as also in the 9th Sect. from Page 33, to 35.

Of the divers ways the Salts may be separated from the Blood, and induce the Gout.

1. From a Want of due Heat and Motion.

V. As to the Causes of their Separation from the Blood, and forming a Fit (the next Thing offering it self to be consider'd) they may be reduc'd to these, viz.

To a Want of that due Heat and Motion which is necessary to maintain them in a State of perfect Mixture, whereupon their Principles disengaging, these Bodies contract an ill Disposition, and acquire an Acidity and a putrifying Heat; and when they can be no longer govern'd by Nature, they break out into a Species, and fall upon the Joynts, producing grievous Pains in the Ligaments and Membranes covering the Bones. See Page 35. Or,

Secondly,

Secondly, By the accruing of some^{2. From} adventitious Acid to the Blood, oc-^{Acids} casioning a Luctus or Fermentation^{convey'd} with the Volatile Alcalious Salts, ^{by the} thereby fixing and coagulating them ^{Air or} and the other Salts in it; which may ^{Food.} be produc'd either by the Mixture of the Acid Particles of the Air with the Blood, or from Acids taken into the Body. These are the several Means whereby a Coagulation and Separation of the Salts in the Blood are perform- ed, and a Fit of the Gout brought on; which leads me to speak of the particular Manner how Fits of the Gout are formed.

VI. We have seen what the Blood <sup>The Man-
ner of the
Forma-
tion of
Fits of
the Gout.</sup> is, and that it contains a Volatile Al- calious Salt, which ferments with an Acid; consequent to which Fermen- tation, a violent Motion is induced in the Mass, whence a Fever or Feverish Disposition is rais'd, such as constant- ly accompanies the coming on of a Fit

Fit of the Gout. (See Pag. 16) And as it is the Operation of all Acids to fix and coagulate Volatile Alkalies (as it is manifest they do from ordinary Experiments, and from divers Chymical Preparations) so is it highly reasonable to believe that as the Blood abounds with Alcalious Salts, both Volatile and fix'd, that some more powerful Acid than ordinary, gaining Admission into the Blood, or acquired by the Want of due Motion of the Principles in the Blood, should fix the Volatile Alcalious Salts, or coagulate the Alimentary and other Salts in it, so rendering them an Annoyance to the Animal Functions, by forming them into Clusters too gross for a free Circulation, it is therefore not at all strange that these unactive combin'd Salts should be driven out and lodg'd in the Extremities; and whenever the gouty Salts crowd into the small, tender, Vessels in sufficient Quantity to stretch them so that they cannot

cannot suffer any farther Distention; and are incapacitated to transpire, by reason a perfect Digestion of them is not yet accomplish'd, it is no wonder that the Vessels should burst, and deposite their gouty Contents upon the Ligaments of the Joynts, as is often seen, in the Similitude of Chalk-stones.

Thus are Fits of the Gout formed, whether from an acquired Acidity by Rest, or the Admission of potent Acids into the Blood by the Food.

Hence is seen the Reason why Rhe-nish, small French-Wines, &c. when drank by People of gouty Disposi-tions, soon produce a Fit.

VII. Having referr'd to the Parts of *The His-tory of the Gout re-ferr'd to.* my Treatise where the Causes of the Blood's being over-stock'd with Salts and Humors are particularly treated of, and herein spoken to the several means which can induce a Coagula-tion

tion or Fixation of them, to bringing on a Fit; I should proceed to deliver the History of the Gout, but that I have already done it in the aforementioned Book, where the Progress of Fits, and the Symptoms as they arise, are amply set down, whether they attend Regular or Irregular Gouts, See from Pag. 15 to 30.

In the next Place let us consider the State of Persons in the Intervals of Fits.

*The State
of Persons
in the In-
tervals of
Fits of
the Gout.
See P. 2*

Pag. 27.

VIII. In the Intervals of Fits, the Patient is altogether in the same Plight as has been said above, concerning Persons of a gouty Disposition; except in those labouring in the last Stages of an Irregular Gout, for as the natural Powers of those who have been long and much afflicted with the Gout are more impair'd, so the Returns of the Fits may be more frequent, and form'd upon more slight Occasions, and the

Lame-

Lamenefs caused thereby remain longer than in the Case of Regular Gouts; but otherwise the Difference between those in the Intervals of Fits and healthy People is indiscernible: Whence it is that if a Person falls ill of any other Distemper in the Intervals of the Gout, Evacuations are made, and Medicines are exhibited as are judged suitable to that particular Distemper, without any Regard had to the Gout.

Thus having concisely mentioned as much as is necessary to enable any One to form a just Notion of the State of gouty Persons, and of the Disease; so that a clear Judgment may be easily made of any Remedy or Remedies which may be offered towards its Cure; I will go on to treat of the Means of Cure, and of some peculiar Remedies for the obtaining so desirable an End, which are founded upon Experiments, and have been confirm'd by a most Successfull Practice.

The Curative Intentions regard either the Time of a Fit, or their Intervals.

The Curative Intentions, what.

No Time allow'd to attempt an absolute Cure of the Gout, but that of its Intervals.

IX. From this View taken of the Gout, the Curative Intentions must regard the Time of a Fit, or the Intervals of Fits.

In a Fit they are twofold ; *First*, To assist Nature in the procuring the gouty Salts and Humors to be thrust on the Extream Parts ; and *Secondly*, To assist her likewise in the digesting the gouty Salts which obstruct the small Vessels composing the Glands in the Joynts, &c. so fitting them for Expulsion by Transpiration. But the only Time afforded to set about eradicating the Disease, is in the Intervals of Fits ; and the Intentions then to be pursued are, The Correction of the coagulating Acid, and the Resolution of the gouty Salts (which are in the Blood, and have not yet been flung upon the Extremities, as well as those which have been return'd into the Habit during a Fit) to such Fineness, that they may be detach'd quite out of the Body

Body by the Perspirable and other Outlets, and the procuring such Discharge: Of the Possibility and Probability of satisfying these Intentions, you will find sufficient Proof in the mentioned Treatise in Pages 57 and following. But of peculiar Remedies to effect the same, is what I now intend to speak to: In order to which,

X. Method requires that we first of all consider a Fit of the Gout as already form'd, for from thence the Disease has its Appellation.

It is evident from what has been said, that this Disease has, for its immediate Cause, the Separation of superfluous and heterogeneous Particles from the Blood with which they circulated intimately mix'd, both before the Formation of a Fit, in Persons of a gouty Disposition; as did they likewise in the Intervals of Fits; but when by any of the recited Means a Coagulation

The immediate Cause of the Gout, what.

agulation and Separation of them is caused, they are thrown upon the Extremities of the Limbs, there constituting the Gout: To get rid of which, let us be inform'd of the true Method Nature takes; whereby we may be probably led to a Knowledge in what manner to imitate and assist her in the Work, by Art; promoting thereby her Endeavours, and hastening that Effect which at length might be produced without such Aid, tho' with much greater Security, and more effectually so assisted.

*Nature's
Method
of digest-
ing the
gouty
Salts in
the Ex-
tremities,
explain'd.*

The coagulated gouty Salts, tho' separated from the Blood, are mix'd with and attended by the coagulating Acid, to the Places whereon they are cast; manifested by the gnawing, burning Pain endured upon the Fit's Accession: This, with the Alcalious Salts it accompanies, obstructed in their Passage, by the narrowness of the small Vessels in the Extremities, stagnate; upon

upon which a Conflict between the Acid and these Salts arises in that Part (such as did at first in the Stomach, &c. upon the Admission or Separation of the coagulating Acid therein; whence the Crudities, Belchings, and Distention of that Organ, with the puffing up of several Parts of the Body with Wind, which are generally observ'd to precede a Fit of the Gout: Afterwards the same Effects of a Fermentation is observ'd in the larger Blood-Vessels, especially those passing down the Thighs; whence the Complaint of a Sensation like that of the descent of Wind thro' the Flesh of those Parts toward the Extremities, Convulsive Twitches, Swelling of the Veins, Numb'dness, &c. the certain Forerunners of an immediate Fit.) By the Conflict of these Salts of different Natures, the most subtil, active Particles of the acid Humor are raised in Fumes and Steams, which pierce the Coats of the including Vessels, creating

ing most intense Pain; the surrounding Parts are by degrees puffed up and distended, to afford room for these lucrating Bodies, and when Matters are come to this pass, the Pain remits, and the Fit goes off; thus at length the gouty Salts lodged in the Extremities are digested to a Fineness suited for immediate Transpiration at the Part, or at least to a Smallness sufficient for their Passage thro' the including narrow Vessels; in like manner as the Food is digested and made Chyle in the Stomach, viz. by means of an Acid Humor, Heat, and the Tonic Motion of the including Parts; which perform'd, all Pain ceases, and a Solution of that Fit Follows.

An Argument for the Concurrence of an Acid in the Digestion of the gouty Salts in the Extremities in a natural Way, may be taken from Dr. Sydenham's Observation, That, "in this Disease, Pain is Nature's most bitter
 " Medi-

“ Medicine; for the more violent it
 “ is, the sooner will the Fits pass over,
 “ and the Interval will be longer and
 “ more perfect; (because Digestion has
 been more effectually performed by
 means of the attending Acid, which
 has been observ'd above to be the
 chief Occasion of Pain; tho the En-
 deavour of the combin'd gouty Salts
 to pass thro tense and narrow Ves-
 sels must contribute thereto) “ and,
 “ on the contrary, the lighter is the
 “ Pain, the longer will be the Fit, and
 “ shorter the Interval.

Furthermore, in proof of what I
 have urged concerning the Digestion of
 the gouty Matter lodged in the Ex-
 tremities by an Acid, as the main In-
 strument; let me observe that the gouty
 Chalk-Stones which are sometimes
 left upon the Joynts, after Fits of the
 Gout, tho they incumber, and render
 Motionless the Part, yet give no Pain
 to the Place of their Residence; and

*The gouty
 Concre-
 tions on
 the Joynts
 how
 formed.*

the Reason seems to be, because the Acid Humor, which at first caus'd the Separation of the gouty Salts from the Blood, and accompanied them to the Extremities, being over-power'd and destroyed by an over-proportionate Quantity of the Alcaline Salts, in the mention'd Fermentative Conflict, they are left a Mass of a mix'd Nature (and therefore I suppose by some call'd Tartarous) most fix'd and permanent; but without any Possibility of causing a painful Sensation, for the Reason above assigned; If the Acid Humor had been in greater Proportion to the Alcaline Salts; so thorough a Digestion of the gouty Matter would have necessarily followed, that those Concretions (call'd gouty Chalk-Stones) would never have been form'd at all; except in the Case of Extravasion, mentioned in Page 7th of this Account, where the Vessels are suppos'd to be burst by the crowding in of a too large Quantity of the gouty

gouty Salts, before a perfect Digestion of them is performed.

The gouty Salts being collected in the Extremities of the Limbs, what should hinder an outward Application (whose Specifick Virtue is to reduce Bodies of their peculiar Composition to a Subtlety fit for Transpiration, and which at the same time is applicable to the Part affected) from exerting its full Force and Power in Digestion of the gouty Matter, in Conjunction with the Acid Humor accompanying that Matter? Let us consider likewise, that be the Seat of the collected gouty Salts deep as can be imagin'd in the Extremities of the Limbs, yet cannot be much beneath the Surface of the Skin; except in the Case of a great Swelling (which does not happen till the Fit is going off, when Nature has so far conquer'd the Disease, by digesting the offending Matter, that it is ready to pass off by Transpiration, or else to be re-

The Reasonable-ness of a Topical Resolutive Application to the Parts affected, in time of a Fit. shew'd.

turned upon the Habit) and in this Case the Tumor, instead of being an Hindrance to the Passage of the Remedy to the gouty Salts, renders it still more easy; the Parts at that time imbibing more readily whatever is applied, (especially if it be in a Fluid Form) for in this State of Distention and Puffedness, they are spongy, and of a more loose Texture than at other times; Therefore both before and at the time of their Distention it is seen that the Remedy may arrive at the gouty Bodies, and that without suffering any Alteration.

Hence, that a Remedy may come to and act upon such Bodies whilst contain'd within the Parts in the same Manner as they would, were they taken out and subjected to its more visibly immediate Power, is incontestable; And that the Topical Medicine which I am recommending to be used in the time of a Fit, is endued with such a Resolutive

The proposed Topical Medicine specified

lative Property when applied to gouty ^{eally Reso.}
 Matter, is manifest, in that it reduces ^{lative of}
 to the greatest Subtilty imaginable, ^{the most}
 even to a Vapour, the hard stony ^{compact}
 Concretions which are sometimes cast ^{gouty Bo-}
 off in Fits of the Gout, (the Matter ^{dies.}
 of which, while circulating with the
 Blood, was the Parent of the Disease,
 and, when deposited on the Joynrs, is
 the Disease it self.) To the Truth of
 which Fact I have many Witnesses of
 greatest Probity. Since therefore it is
 capable of acting so powerfully upon
 these firmly compacted Stones, how
 much more likely is it to be effectual
 in resolving Bodies of the same Com-
 position, but of a more yielding Tex-
 ture? which is the true Nature and
 State of them while they remain intra
 Vasa, tho' when extravasated the more
 moist Part evaporating, leaves what
 cannot so transpire, an Union of Par-
 ticles most fix'd and permanent.

In the next Place I will speak of
 this

this Topical Remedy as introduc'd into Practice; and herein I shall observe in what manner it acts when applied to the affected Parts, by which it will be freed from any Liableness of being suspected either of Uncertainty or Hurtfulness.

The Action of this Remedy, and Nature's Method of digesting the gouty Salts, compar'd.

Fig. 22.

XI. First then, when the Part in which the gouty Salts are contain'd is embrocated therewith, a puffing up of that Part soon follows, upon which the Patient enjoys the Ease that is experienc'd by the like Swelling observable upon the Fit's going off in a natural Way, and as a Fit of the Gout when left entirely to Nature's Course, goes off with an Itching and Scaling of the Part, so does it in the Solution of One by this Application, but in a much shorter time. Thus is the Termination of a Fit by this means effected most adequately to Nature's own Method of dealing with the Gout, with this considerable Advantage on its Side,

Side, that whereas in a Solution of a Fit of the Gout, when left to Nature's working, such Part of the gouty Matter which is not digested to a Finess for Transpiration, is either left on the Joynts in Chalky Nodes, or returns upon the Habit in Combinations too gross to be expelled by the Organs of Excretion ; producing as they happen to be excited, fresh Fits ; By the Assistance of this Application no Part of the gouty Matter remains undigested, or returns, but what is reduced to so great degree of Subtily, that such of it as does not immediately transpire, gains its Exit at any of the natural Outlets to which it is presented in the Course of its Circulation, even if its Evacuation was not promoted ; but in the Method I pursue, its Discharge is procured by Internal Medicine, which gently promotes the Perspirable and the other Excretions in a most easy and effectual Manner, thereby freeing the Body from any further Annoy.

Annoyance to the Animal Functions by the gouty Salts.

*The Fear
that the
gouty
Matter by
this Ap-
plication
may be
translated
from the
Extremi-
ties to the
Stomach,
&c. obvi-
ated.*

Hence appears the Groundlessness of any Fear, that the gouty Matter may by this Method be translated from the Extremities and flung upon the Stomach, Brain, &c. Which indeed would be greatly endanger'd by any Application that dissolves the gouty Matter previous to its Resolution; but where it is reduced to such a State, as has been described; all Jealousy of such sort vanishes.

From the whole, it is seen, that the Intention to be satisfied in time of a Fit, is a Digestion or Resolution of the fix'd gouty Salts deposited in the Joynts, that they may pass off by Transpiration, &c. It has likewise been shewn, what Method Nature takes; First, in freeing the Animal Functions from the Annoyance of the fix'd and coagulated Salts, viz. by de-
positing

positing them upon the Joynts of the Extremities, there forming the Gout. And Secondly, during their Residence there, the true Means and Instruments she uses in digesting the gouty Matter to a Fineness suited to immediate Transpiration, at the Part, or at least sufficient for their Protrusion thro' the small Vessels into the Habit again, so far broken that they may freely, and without Interruption circulate with the Blood, till such time as by their Re-accumulation, or being separated from it again, they form fresh Fits: All which, compared with the described Action of the proposed External Remedy, in a Fit of the Gout, proves it to be Nature's great Assistant in digesting and resolving those annoying Bodies in a shorter time, and much more effectually than could be done without it.

Thus much of the Management of a Fit of the Gout. But,

D

XII. Since

*Certain
Remedies
for the ef-
fecting an
absolute
Cure of
the Gout,
recom-
mended.*

*Vide Pag-
33, 34, 35.*

XII. Since an absolute Cure of the Gout can be attempted at no other time but in the Intervals of Fits, I proceed to speak of Remedies to be used at such times: And here, if we reflect upon the remote Causes of the Gout, and the State of Persons of such an Habit, it is plain that they must be endued with the Properties of restoring Nature to the regular and due Performance of all her Offices of Concoction and Digestion, &c. and the strengthening the debilitated Fibres of the Vessels, &c. in the last Scenes of Digestion; that by their Elastick Tonic Powers, those Bodies may be broken small enough to pass off with the Matter of insensible Transpiration which otherwise by being retain'd would load the Habit, and lurking in the Fluids wait only for some or other of the mentioned Causes of Separation from it, to form a Fit of the Gout.

The

The Remedies I am here recommending, added to the recited Properties, are effectual likewise in the destroying the corrosive Acid which would cause the Fixation and Separation of the Salts in the Blood, and the resolving and extirpating the already fix'd gouty Salts: If they are used by Persons of gouty Dispositions, they will, with the utmost Certainty, prevent the Fixation of the Salts in the Blood, so preserving the Person from the Attack of a Fit.

These Remedies used by Persons of gouty Dispositions, prevent the Fixation of the Salts in the Blood; and in the Intervals of Fits answer every Intention necessary to effect a perfect and absolute Cure of the Gout.

In a Fit they assist Nature in casting the gouty Salts on the Extremities and in their Digestion, and Expulsion by Transpiration, &c. And,

In the Intervals of Fits, they recover and strengthen the weakened Digestions; give new Force and Firmness to the debilitated Fibres, producing thereby an accelerated Motion and Warmth to the languid Blood,

and an entire Renovation of the Springs of Life; preserving all the Organs of Excretion in such State, that their Faculencies are in due time and order carried off: They are endued with a Specifick Property of resolving the goury Salts which lurk in the Fluids and have not yet been separated from them, as well as those which were returned into the Blood and Habit, upon the Solution of preceding Fits; to such a Fineness, as that their Exit are actually procured, at the Perspirable and other Outlets: They defend those Salts in the Blood which are necessary for the important Purposes of animal Action from a Liableness of being fix'd and coagulated by any of the forementioned Means. These are the certain Effects of the Anti-Arthritic Remedies I am pressing the Use of; in the Detail of whose Virtues I have not exceeded one lot the Bounds of rigid Truth (as the extraordinary good Success constantly attending the Use of

of them hath testified) but can justly say that I have omitted to give them due Encomium; in a Word, they are absolutely endued with a Power of accomplishing every Intention in this Disease, both Preventive and Curative.

For the time of Continuance in the Use of Remedies in the Intervals of Fits, take the Advice of Dr. Sydenham, who in his Treatise of the Gout says, " This must be first taken Notice of, and chiefly observ'd above all things I am about to mention, concerning the Cure of the Gout, namely, that all Digestive or Resolutive Medicines whatsoever, are not to be taken up by the bye, but must be used constantly and daily with the greatest Diligence; for whereas in this Disease, the Cause of it has pass'd into an Habit, and as it were become a new Nature: No Man in his right Senses, can think

Sydenham's Advice concerning the time of continuing in the use of Medicines of a resolute Nature.

" think that some small and short
 " Alteration, super-induced upon the
 " Blood and Humors, can per-
 " fect the Cure; for the whole Habit
 " of the Body must be changed, and
 " the whole Man must be as it were
 " new-fram'd: For this Habit being
 " chiefly founded, and consisting both
 " in the Weakness of all the Digestions,
 " and in the Want of the natural
 " Strength of the Parts, we must pro-
 " vide against both these Ills, and the
 " Strength of Concoction, as well as
 " the Soundness of the Parts, must
 " be reduced and restor'd gradually
 " to the former State and Oeconomy
 " of the Body. It is manifest there-
 " fore that he that endeavours to cure
 " this Disease, ought to make it his
 " Business to change the Habit of his
 " whole Body, and to restore its old
 " Constitution, as much as Age, and
 " other Circumstances will permit;
 " which must be endeavour'd in the
 " Spaces between the Fits; not when

the

“ the Fits are on, for when the Fomes
 “ is not only generated, but now is
 “ cast upon the Joynts, it is too late
 “ to strive to change it, or to cast it
 “ out any other way, for it is to be
 “ ejected by no other Method than
 “ Nature points out.

Somewhat might here be added *of Diet and Exercise* concerning Diet and Exercise in this *Disease*, but that wou'd lead me farther than I at first design'd; I shall therefore, with regard to Meats and Drink, only advise in general, that the Food be such as is of an easy Digestion, and in Quantity such as the Stomach can easily digest; for by more, the Disease wou'd be heightened; and on the other hand, from a too great Abstinence, the Constitution will be robb'd of its due Support and Vigour, which are equally hurtful. As to Drinks, such are to be chosen that are neither as strong as Wine, nor as weak as Water; the first extream exagitating the Fomes of this Disease,

Disease, and perverting all the Animal Functions; but the latter, by extinguishing the natural Heat, so necessary to be maintain'd for the duly performing the Work of Digestion, produces the greater Evil of the too; not Pain, as Wine doth, but Death it self: What might be added of the Usefulness and well regulating of Exercise, is rendered in this Place the less necessary, because already spoken to in the Treatise of the Gout (Pag. 50.) to which I refer you.

George-Street,
St. Martin's-le-Grand,
February 16, 1728.

F I N I S.